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South bypass planned to relieve city's growing traffic pressure



Long-term project.

Construction to ideally
begin 'within the next
year or two': Minister

Help is on the way to alleviate increasingly congested traffic in Regina's east end as the city grows rapidly, though it will come with a hefty price tag.

A bypass around traffic on east Victoria Avenue and other heavily-travelled Regina arteries is in the works through a planned freeway south of the city.

The South Regina Bypass is planned by the Saskatchewan government to run southwest from Highway 33 near Tower Road, making a wide loop around the city for nearly five kilometres and connecting to the Trans-Canada Highway and the West Regina Bypass, which remains under construction.

"There's an awful lot good about this plan," Highways and Infrastructure Minister Don McMorris told reporters at the legislature on Tuesday.

"No. 1 would be alleviating some of the pressures that we see on the east side of Regina."

The timeline of the long-term project has not been confirmed, though McMorris said the cost of construction will be "well over" \$300 million.

"The province will pay that total cost, unless somebody else wants to volunteer," McMorris said, adding that there might be financing options such as a public-private partnership.

"It's a little premature yet,

but we do know that there will be a huge cost to Saskatchewan taxpayers as we move through it. We want to make sure we have the best business case put forward."

He added that he would like construction to begin "within the next year or two, but there's a lot of work that needs to be done" to get to that point. Part of that, he explained, is planning access to the expressway for traffic from communities such as Balgonie, Pilot Butte and White City just east of Regina.

"It's all one piece, but we're doing work on it within sections," McMorris said.

"We're moving this ahead as quickly as we possibly can."

The project will require purchases of farmland to pave the way for the freeway, he confirmed, noting that will come "with dialogue and consultation back and forth" between the government and owners of private properties.

McMorris noted that the province will need to work out compensation and other issues with several property owners west of Regina in the area of the Trans-Canada and Pinkie Road, in light of their frustrations over the west bypass development and legal action they're taking against the government.

"We haven't gotten down to the negotiations," he said.

"So it's premature to say, 'What are you going to do if you get to an impasse?' We believe and hope that we will find a common agreement with all land owners."

ROSS ROMANIUK/METRO

The South Regina Bypass is planned, in part, as a way to lessen the quickly growing traffic congestion on east Victoria Avenue, as seen here on Tuesday near Ring Road. Highways and Infrastructure Minister Don McMorris, inset, says the bypass will cost more than \$300 million. ROSS ROMANIUK/METRO

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Opponents of wastewater plant claim victory on size of petition

Referendum trigger. Province refuses to raise the threshold on the number of signatures needed



ROSS ROMANIUK
ross.romaniuk@metronews.ca

The Saskatchewan government has denied a request from Regina's city hall that, if granted, would have forced opponents of a partly privately financed wastewater plant to dig deeper for support they need to put the plan to a referendum.

The decision by Government Relations Minister Jim Reiter means Regina Water Watch has about 1,400 fewer names to gather for a petition by Thursday than it would have had if the city had gotten its way on the request it made last week.

"It's good news for democracy. The city's request was completely over the top, coming a week before the deadline," Jim Holmes, spokesman for the grassroots Water Watch group, told Metro.

The opponents of the proposed public-private partnership for the more than \$220-million treatment plant said earlier this month that they would be close to garnering the necessary 19,300 signatures — the number needed to reach 10 per cent of Regina's 2011 census population. Last Friday, it was revealed that the city had contacted the provincial government about possibly raising the number of names necessary to approximately 20,700 in order to use a threshold based on individual Saskatchewan health card figures.

"We had made an announcement saying we were on target, but that it was going to come down to the wire. And then the wire got moved," Holmes said, adding that he "can't think of any other explanation" for the city's request than to make it more difficult for them before the deadline.

"We didn't feel too threatened by it. We just feel it was unfair," Donna Holmes, Jim's wife, said of city hall's move.

Reiter suggested there's no basis on which to raise the bar for the petitioners.

"It will have to proceed as is and use census numbers," he



Jim Holmes and his wife, Donna, are pleased that the provincial government is not raising the number of signatures that Regina Water Watch needs on its petition to try to prompt a referendum on a partly privately financed wastewater treatment plant. ROSS ROMANIUK/METRO

said.

"I don't know of any instances in the past where anything other than census numbers were used to determine the validity of a petition for a referendum."

Mayor Michael Fougere denied that he or any city official had tried to move the goalposts to prevent the opponents from scoring on their request for the referendum.

"It was meant to clarify and

understand what that threshold is going to be," Fougere said of the city's question to the provincial government.

"We asked the question, the minister has made his decision and we accept that."

East of Regina

Crash claims life of 23-year-old man

A 23-year-old Regina man is dead after a two-vehicle crash on Tuesday morning on the Trans-Canada Highway, just east of Balgonie.

RCMP said both vehicles — a gravel truck and a pickup truck — were westbound when they collided.

The 23-year-old male driver of the gravel truck — the vehicle's lone occupant — from Ardill, Sask., was taken to hospital as a precaution.

The sole occupant of the pickup truck was declared dead at the scene. Police did not release the victim's name.

RCMP reopened the highway's westbound lanes to traffic by about 3:30 p.m.

METRO

Show your support

What's Green and White and all over?

Saskatchewan businesses are being asked to show Rider pride by decorating their properties with Green and White for the coming Grey Cup. The festival committee is selling Celebration in Rider Nation official decorating packages. METRO

History of violence

Sask. man deemed dangerous offender

Alberta's top court has ruled a man who violently attacked two women in southern Alberta must be deemed a dangerous offender.

A judge originally declared Cory Bitternose a long-term offender and sentenced him to 20 years.

But the Alberta Court of Appeal says he needs to be kept behind bars indefinitely.

Bitternose, who is from Saskatchewan, was driving a stolen truck in 2008 when he offered two women in Banff a ride but took them to a vacant lot instead and started beating them. One woman managed to get away but her friend did not and was sexually assaulted.

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1 NEWS

On the right track

Roberta Cowell

Race car driver, former Second World War pilot and father of two, Roberta Cowell, now 95, was born Robert Marshall Cowell.

Growing up with signs of hermaphroditism, Robert had feminine qualities such as wide hips, narrow shoulders and undeveloped but apparent breasts. "I had always known that my body had certain feminine characteristics," she wrote in an autobiography titled Roberta Cowell's Story (British Book Centre, Inc.) published in 1954.

Robert gained notoriety as the first known British transsexual woman to have sex reassignment surgery. Roberta was Robert until the age of 33 and then the transformation began.

We might be lucky to think that present-day society is accepting of all sexual identities. This hasn't always been so: "People are apt to hate as well as fear the unfamiliar," Cowell writes. **PHOTO: HANDOUT**



Game changer

Justin Fashanu

The world's first professional soccer player to publicly come out as gay, Justin Fashanu's story turned tragic in 1998 when he committed suicide.

"You have to understand that footballers are very narrow-minded people," the former Norwich City forward said in one interview. "It's the nature of the business. When you put yourself in the firing line, you are open to attack. I know I'm there to be shot down in flames."

At the time of his death in May 1998, he was charged with sexual assault and the accuser was a 17-year-old boy from Maryland, U.S. In a suicide note, Fashanu said the sexual relations were consensual, and believed he wouldn't get a fair trial because of his homosexuality. Fashanu was found hanged in a garage in London, England. He was 37 years old.



PHOTO: ALLSPORT UK / ALLSPORT

Tackling the tough issues

Kwame Harris

Jamaican-born former NFL player Kwame Harris, 31, was publicly outed in January following a highly publicized fight and legal battle with his ex-boyfriend Dimitri Geier. The former offensive lineman played for the San Francisco 49ers and the Oakland Raiders for six seasons. Harris described his conflict over whether or not to come out while he was in the league as "turmoil" and "despair" and regretted his decision to keep his sexuality private during his time in the NFL. "I didn't see those two things as being compatible, but now when I look back in hindsight, I could have done it differently," Harris said in a CNN interview.

After publicly stating his sexual orientation, Harris received an outpouring of support from family members and former teammates. Had he done so while on the professional league, he would have been the first and only NFL player to come out as gay.

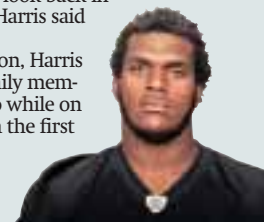


PHOTO: GETTY IMAGES



Silver linings playbook: Will a day come when a player's sexuality won't get in the way of their game? ISTOCK

When basketball player Jason Collins came out early this year, he renewed the debate about whether openly gay players are welcome in the arena of professional sports. While others came before him — like David Kopay, Martina Navratilova, Ian Roberts, Mark Tewksbury, Gareth Thomas and Robbie Rogers — will locker rooms be the last closet?

A level playing field?

Team Tolerance. Metro brought together a diverse group of athletes for a round table discussion on sports and sexuality

JENNIFER MELO

Metro Canada

More than 45 years after Pierre Elliott Trudeau declared the state had no business in the bedrooms of the nation, 21 years after Canada allowed gays and lesbians to serve openly in our military, and more than a decade since same-sex marriage has been legal across the country, Canadians may think we'd finally be able to stamp "paid" to the gay/lesbian/queer rights debate.

Sadly, we have yet to smash a significant barrier — the right for Canada's LGBT community to play community-league sports without the fear of literal and metaphorical locker room lockouts.

Dave Doucette, 41, played hockey until he was 16. He vividly remembers hearing gay slurs, disparaging remarks about women and talk that made him feel like an outcast. "F—ing faggots" and similar comments came out in the



Lela Kouyoumdjian and Dave Doucette.

ROUNDTABLE PHOTOS BY DAVID VAN DYKE / METRO

dressing room and you're like, 'Oh God. I think I'm one of those.'"

Add the usual team pack mentality, where aggression and adrenaline are considered performance enhancing "drugs" and it's easy to see how homophobia can run rampant.

Eric Demarbre, 34, admits he was one of the bullies, picking on others when he played high school hockey. Even though he knew he was gay, he "didn't show it," alluding to stereotypical gay male behaviours. While Demarbre victimized others, he too suffered. "I never felt any feeling worse in my life than that. Like go-home-and-cry bad," he explained. "You're pretending to be one of them, and you're debasing yourself in that process just so you can fit in."

The women in our group tell me the experience is differ-

ent in women's sports. Their sexuality didn't keep them from playing the sports they love.

But they didn't get off scot-free either. "My team and I went to Montreal for a tournament and we stayed overnight," remembers Ana Oliveira, a 34-year-old soccer player from Brampton, Ont. "A couple of the girls said they didn't want to stay with me in the room because they didn't want me to touch them inappropriately. I said, 'Don't flatter yourself. You're not my type.'"

Oliveira, who was supported by friends, family, coaches and teachers since she came out as a lesbian at the age of 17, said the experience was unexpected. "I was surprised at the comment, but I didn't let it get to me," she said. "They're ignorant and it was my job to just stop it there." On the field,

Putting bigotry on ice

Angela James

Toronto-born Angela James, 48, is one of the first two women inducted into the international Hockey Hall of Fame, a seven-time gold medal winner, a top performer for Team Canada and "the Wayne Gretzky of women's hockey." She's also a lesbian, a wife and a mother.

James was inducted into Canada's Sports Hall of Fame in 2009, an occasion where she publicly acknowledged the roles of her partner, Ange, in her life and their three children. In an interview with Xtra!, James explained the significance of the event. "Until then, no openly gay athlete had ever been inducted into one of the major North American sports halls of fame. In fact, no current or former NHL player has ever come out." Today, James and her partner have three children. **PHOTO: GETTY IMAGES**



the incident was forgotten. "We played. We were focused. We just wanted to play," Oliveira said.

Receiving an unwanted sexual advance in the locker room is perhaps the greatest unspoken fear in mixed (gay and heterosexual) teams. "I'm pretty sure it's the only thing that anyone's really worried about," Demarbre said.

But straight guys should stop worrying, says Doucette. "I play on an all-gay hockey team," he says. "We're in the showers with a bunch of gay guys and nothing's happening so..."

Only one of our group came out while playing on a mixed (queer and straight) sports team. What would it have taken for the others to do so? "A miracle!" says Doucette. "Because of everything that's being said in that room, there was no way I was going to ostracize myself."

Change is happening, though. There is support for the LGBT community with organizations like Outsport Toronto and programs like the You Can Play Project, encouraging LGBT athletes to keep competing. And if teachers, coaches, family and friends of the LGBT community work together, maybe there will come a time when an NBA player's public declaration of homosexuality won't be a big deal.

But according to this group, that time is not now.

"I'd like to believe that no one's going to care if every gay athlete came out, but that's not necessarily the case," says J.D. Muir, 29, who's played on men's hockey, rugby and football teams. Muir talks about how we define sports as a culture. "They're aggressive. They're war games," he explains. And the language used in sports, he says, includes homophobic slurs and pressure to be strong, powerful and non-submissive.

Strong role models can help. "You hear about kids being bullied and beat up and



J.D. Muir



Eric Demarbre

ostracized, so to have someone to look up to is really important," says Lela Kouyoumdjian, 38, who plays for the Toronto Soccer Association and Pink Turf soccer league.

Today, Jason Collins is the only major league athlete to come out while still in the game. "I think there's a lot of paving still to be done," Kouyoumdjian says. "When someone like Collins comes out, it's very courageous; it's very brave. And we need more people to do that."

We can all make a difference, however, and we can start by choosing our words with care. "It's words like lame and retarded and gay," says Doucette. We can work on "eradicating these words that people fluff off and don't consider as damaging — except by the people they're being thrown at."

Kickstarting some compassion

Alan Gendreau

Could he be the NFL's first openly gay player? He'll have to get drafted first, but Alan Gendreau, 23, is the first publicly gay athlete to enter the NFL draft.

Out since he was 16, Gendreau had supportive teammates both during his high school football years in Apopka, Fla., and in his college football years at Middle Tennessee State. But not everyone was accepting of his sexual orientation. Gendreau was asked to leave when he brought a boyfriend to a church event. "It was like my family telling me I wasn't allowed to come home," the devout Christian said in an interview with Outsports, a website that serves the community of gay athletes in sports. "I'm a kicker that happens to be gay," Gendreau said in an interview with the New York Times. "It's a part of who I am, and not everything I am. I just want to be known as a normal kicker."

PHOTO: GOBLUERAIDERS.COM



'I never in my life felt bad for being gay'

Don't hate, just skate. She's an accomplished and respected hockey player, a two-time Olympic gold medallist, and, she's a lesbian. Find out what makes Sarah Vaillancourt a role model for women both in and outside of the LGBT community.

JENNIFER MELO
Metro Canada

The 28-year-old retired from Canada's national women's hockey team a month ago, after undergoing years of hip and hernia surgeries from sport-related injuries. Today, Sarah Vaillancourt, from Sherbrooke, Que., continues to follow her heart, coaching teen athletes, pursuing a master's degree with a goal to becoming an ESL teacher and building a house with her girlfriend.

In this exclusive interview, Vaillancourt shares her thoughts on living proud.

What do you think of NBA player Jason Collins' decision to come out publicly?

It's really brave and if more athletes had the courage to do it, it would become something so normal that we wouldn't even have to say it out loud.

Why do you think so few pro athletes come out?

A lot of athletes are afraid to be seen differently. And they want to be known more for their athletic performances than their sexual orientation.

Do you think sponsorship and endorsement opportunities would increase or decrease after coming out?

Unfortunately, I think they'd decrease. But I strongly hope and wish that at some point, it doesn't matter ... you get sponsorships for the person and the athlete that you are, regardless of your sexual orientation.

What was behind your decision to come out publicly?

Fight for your right

Orlando Cruz

Ranked #4 featherweight by the World Boxing Organization, Orlando Cruz, 31, became the first active professional boxer to publicly come out on Oct. 4, 2012, declaring in a statement, "I have always been and always will be a proud gay man."

In an interview with The Associated Press, the former Olympic athlete for team Puerto Rico said, "I developed physically and mentally to take such a big step in my life and in my profession ... knowing that it would have pros and cons, highs and lows, in this sport that is so macho. I kept this hidden for many, many years."

Supported by family, his trainer and his manager, Cruz is a role model for kids and his message is one of empowerment: Who you are and who you love should not impede your life's achievements.

PHOTO: GETTY IMAGES



Sarah Vaillancourt, Tessa Bonhomme and Rebecca Johnston of Canada celebrate at the Vancouver 2010 Winter Olympics. **BRUCE BENNETT / GETTY IMAGES**

To help people suffer less and give them strength. When I was at Harvard University someone committed suicide, another person tried to, and I later heard that they were homosexuals. Something like that rings a bell in your head. If I can help people come out and be who they want to be — and be who they are — if I can save one or two lives, that goes a long way.

Have you ever experienced homophobia?

No, never. I've been really lucky. I don't think I allow people to be homophobes around me either, so...

Did you have any lesbian role models in sports?

Not in sports, but in my family. Two uncles and one aunt are gay. Even in that generation, they always brought their significant others with them to Christmas parties. Ever since I was born they had the same partners and still do today ... my aunt is almost 70. They're not athletes, but they're amazing role models for me and for my family. My grandpa and grandma were really ahead of their time. I give them a lot of credit. It had a really positive impact on me too. I never in my life felt bad for being gay.

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Turkey. 'Standing man' inspires protesters to replicate silent defiance

After weeks of sometimes violent confrontation with police, protesters in Turkey have found what could be a more potent form of resistance: Standing still.

The trend was launched by performance artist Erdem Gunduz, who stood silently for hours in Istanbul's central Taksim Square on Monday night, in passive defiance of Prime Minister Recep Tayyip Erdogan's violent crackdown on environmental protesters.

Gunduz made no announcement before he paused Monday evening in the square and didn't move. He stood with his hands in his pockets, staring at an image of Turkey's founding father Mustafa Kemal Atatürk, whose admiration is rooted in his success in imposing secular values on a largely Muslim nation 90 years ago.

When police arrived an hour later, they searched his pockets and his backpack, then left.

Witnesses began calling him "duran adam" — "stand-

Effect

- Prime Minister Recep Tayyip Erdogan appeared to be seizing the initiative after the government capitalized on sporadic violence to crack down on protests.
- Gunduz's act of non-violence could be harder to deal with, as it could pressure the government to arrest or disperse people who are doing nothing more than standing still.

ing man." Some joined him in Taksim, while others began doing the same in other Turkish cities.

In Ankara, the capital, a woman stood still at the spot where a protester had been killed.

Early Tuesday morning, police intervened and dispersed the crowd around Gunduz, detaining several protesters. **THE ASSOCIATED PRESS**

Year in hiding: Assange's life in a single room

Stalemate. Britain has spent nearly \$5M in policing costs, and it still won't grant WikiLeaks boss a safe passage out



KIERON MONKS
Metro World News in London

Inside the gold-framed double doors, the Ecuadorean Embassy of London is a modest apartment with white-painted walls and simple furniture. Not the most fitting residence for a world famous hero, or villain.

But since June 19, 2012, WikiLeaks boss Julian Assange has gone from pioneer to captive, forced into hiding to avoid extradition to Sweden where possible charges on sexual assault await him. The Australian will be arrested if he steps outside the building, so the jet-set lifestyle has been replaced by a single room and his laptop.

DVD box sets of The Twilight Zone and The West Wing keep him company, and an ultraviolet lamp replaces daylight. Assange lives nocturnally according to reports, working until dawn, supported by heavy doses of caffeine.

The 41-year-old has not been forgotten, judging from the crowds outside his window shouting "freedom fighter," and the fact that his generous hosts that have granted him asylum and allowed him to camp their workplace. Further, celebrity guests from Lady Gaga to Oliver Stone



A general view of the Ecuadorean Embassy in Knightsbridge on Monday in London, England. Ecuadorean Foreign Minister Ricardo Patino has stated that WikiLeaks founder Julian Assange is prepared to continue to seek asylum in the Embassy for another five years if necessary, after talks with his U.K. counterpart William Hague failed to progress. **JORDAN MANSFIELD/GETTY IMAGES**

have visited, with British filmmaker Ken Loach donating a treadmill on which the captive runs miles each day.

"He's very robust and seems in good health," friend, visitor and restaurateur Vaughan Smith told Metro, adding that Assange "gets along well with the staff." However, an embassy source confirmed that the experience has been "difficult."

Yet confinement has been put to good use according to acting WikiLeaks chief Kristin Hrafnsson. "The time he saves not travelling is devoted to work and he gets a lot done," Hrafnsson said. "We

Quoted

"He's very robust and seems in good health ... (Assange) gets along well with the staff."

Assange's friend, visitor and restaurateur Vaughan Smith

have had to move the staff around to cover this, but the material is still coming out and our work has not been badly affected."

This previously-quiet corner of London has been impacted, however, with a 24-hour police presence that

has cost more than £3 million (about \$4.7 million) to date. "Most of us are bemused and don't know why he is being protected, and why we are spending so much," local resident Karen Morgan-Thomas told Metro, adding that constant protests have been an irritation.

Yet despite the situation attracting ridicule, it could last "another five years" according to Ecuador's foreign minister Ricardo Patiño, with no diplomatic solution in sight.

Plenty more miles on the treadmill await the lord of leaks.

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Angkor Wat complex

Ancient city found in Cambodia

Airborne laser technology has uncovered a network of roadways and canals, illustrating a bustling ancient city linking Cambodia's famed Angkor Wat temple complex.

The discovery was announced late Monday in a peer-reviewed paper released early by the journal Proceedings of the National Academy of Sciences. The laser scanning revealed a previously undocumented,

formally planned urban landscape integrating the 1,200-year-old temples.

The Angkor temple complex, Cambodia's top tourist destination, was constructed in the 12th century during the mighty Khmer empire. Angkor Wat is a point of deep pride for Cambodians, appearing on the national flag.

Archaeologists had long suspected that the city of Mahendraparvata lay hidden beneath dense vegetation atop Phnom Kulen mountain in Siem Reap province. **THE ASSOCIATED PRESS**

Nazi war crimes

Hungary charges ex-Canadian citizen

Hungarian prosecutors on Tuesday charged a 98-year-old former police officer, who was stripped of his Canadian citizenship, with torturing Jews and assisting in their deportation to Nazi death camps.

Laszlo Csatory, who lived for years in Montreal, was chief of an internment camp for 12,000 Jews at a brick factory in Kosice — a Slovak city then part of Hungary — in May 1944,

they said. He is accused of beating and whipping his victims, and of refusing to allow ventilation holes to be cut into the walls of a railcar crammed with 80 Jews being deported.

Csatory was initially convicted in absentia for war crimes in Slovakia in 1948 and sentenced to death. He arrived in Halifax the following year, became a Canadian citizen in 1955.

In 1997, Csatory quietly left Canada as authorities prepared to serve him notice of a deportation.

THE ASSOCIATED PRESS

Taxpayer money. Senate cancels pep talk meant to ease tension over scandal

Two speakers hired by the Senate to help motivate senators and staff in the midst of a raging scandal over the abuse of taxpayers' money have had their event cancelled.

Communications consultant Barry McLoughlin and motivational speaker Marc-Andre Morel had been slated to talk about "the enduring value of the Senate and help bring a little perspective to the current situation," according to an invitation that went out on Tuesday morning.

Cost unknown

It was not immediately clear how much the Senate contracted to pay for the speakers.

But after a story by The Canadian Press publicized the event, a number of prominent senators blew a gasket over a lack of consultation in spending more taxpayer money.

THE CANADIAN PRESS

Spies and allies

Canada may have helped spy on G20

Leaked documents suggest Canada helped the U.S. and Britain spy on the London G20 summit four years ago.

Britain's Guardian newspaper says spies monitored the computers and

intercepted the phone calls of foreign politicians and officials at two G20 meetings in London in 2009.

The Guardian published PowerPoint slides describing the operation, including one featuring the emblem of the Communications Security Establishment, Canada's electronic eavesdropping agency. THE CANADIAN PRESS

Talks on Syria went better than expected: Harper



Stephen Harper and U.S. President Barack Obama chat Tuesday as they stroll at the Lough Erne resort in Northern Ireland. The prime minister said their talk touched on the Keystone XL pipeline. ADRIAN WYLD/THE CANADIAN PRESS

Summit. But the final G8 statement remains non-committal on Assad, use of chemical weapons

The Group of Eight stopped short of calling for the ouster of Syrian President Bashar Assad in its final statement on Tuesday but did call for a swift end to the bloody civil war and urgent peace talks.

Despite a lack of consensus among the G8, Prime Minister Stephen Harper said the outcome was better than ex-

pected.

Tensions have escalated over the past week since the U.S. announced it would supply weapons to the Syrian opposition after it found proof the Assad regime attacked its foes with chemical weapons.

Russia — the only member of the G8 that supports the Assad government — has been highly critical of the move. The Russians also assert that the claims about chemical weapons are based on flimsy evidence.

The rest of the G8 is split over whether the U.S. should arm the rebels, but generally agrees that Assad must go.

The final G8 statement on Syria sought the middle ground. It condemned any use of chemical weapons without admitting any attacks actually happened.

It also called for some sort of transitional government, without explicitly calling for Assad's ouster.

THE CANADIAN PRESS

Shaky agreement

"We have ... a much better outcome than I thought we were going to have. We don't have, as I said, G7 plus one."

Prime Minister Stephen Harper, referring to Russia's dissenting opinion on Syria

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Knox acquittal neglected evidence, high court says

Italy's high court on Tuesday harshly faulted the appeals court that acquitted American student Amanda Knox of murdering her roommate, saying its ruling was full of "deficiencies, contradictions and illogical" conclusions. It ordered a new appeals court to consider all the evidence to determine whether Knox helped kill the young woman.

In March, the Court of Cassation overturned Knox's acquittal in the 2007 murder of British roommate Meredith Kercher, 21, and ordered a new trial. On Tuesday, the high court issued its written reasoning for doing so.

The 74-page document picked apart the 2011 appeals-court decision that freed Knox, faulting the judges for ignoring some evidence, considering other evidence insufficiently and undervaluing the fact that Knox had initially accused a man of committing the crime who had nothing to do with it.

At one point, the high



Amanda Knox THE ASSOCIATED PRESS FILE

court said the appeals sentence "openly collides with objective facts of the case."

Among the undervalued pieces of evidence was Knox's own statement to police, written in English after her police interrogation, in which she wrote that while she couldn't remember clearly, she had an image of herself in her apartment kitchen with her hands covering her ears to drown out Kercher's screams.

Kercher's body was found in November 2007 in her bedroom of the house she shared with Knox in Perugia. Her

Uncertainty ahead

- Italian law cannot compel Knox to return for the new trial and her lawyers have said she has no plans to do so. It is unclear what would happen to Knox if a possible conviction from the new trial is upheld on final appeal.
- No date for the new trial has been set.

throat had been slashed.

Knox, now 25, and her Italian ex-boyfriend, Raffaele Sollecito, 29, were initially convicted of the crime and sentenced to long prison terms. Both denied any involvement, saying they weren't in the apartment at the time.

A young man from Ivory Coast, Rudy Guede, was convicted of the slaying in a separate proceeding and is serving a 16-year sentence.

THE ASSOCIATED PRESS

Another Montreal mayor bids adieu amid scandal

Resignation. Vote at city council next week expected to decide replacement until November election



Montreal Mayor Michael Applebaum announces his resignation at a news conference on Tuesday. PAUL CHIASSON/THE CANADIAN PRESS

Quoted

"I hope you understand that I will put my energy into my defence and my family. This is why I am resigning as mayor of Montreal. It is the responsible thing to do."

Michael Applebaum

Montreal has had its second scandal-provoked mayoral resignation in less than a year, with an arrest and criminal charges leading to the departure on Tuesday of its interim city-hall boss.

Replacement mayor Michael Applebaum stepped down a day after he was slapped with 14 criminal charges.

He made the announcement in a two-minute statement at city hall. He did not take questions. Applebaum said he's innocent of the charges against him and will work to prove his innocence.

"I will do everything I can to prove the accusations against me are unfounded," Applebaum said.

He said he hoped someday to regain Montrealers' trust. He conceded that, in the meantime, it would have been implausible to try to continue as mayor.

In making that direct appeal to residents, Applebaum committed a quintessentially Montreal linguistic flub, mixing English and French terms with unintended consequences.

"I would like to tell Montrealers that I love them," he

ly when they actually mean to say "disappointment."

The mistake was not without irony.

Applebaum spent much of his statement combating the notion that he had deceived Montrealers. Seven months after he took office on a promise to fight corruption, Applebaum insisted he had never participated in illegal schemes and said he had achieved successes in cleaning up city hall.

The charges against him stemmed from alleged acts that occurred from 2006 to 2011, before he became mayor. While police offered few details, they said the charges related to real-estate projects in the west-end borough Applebaum led.

Police said they believe bribes were paid to influence zoning and permit decisions.

THE CANADIAN PRESS

Photo fallout

Lawson's husband admits assault

Prominent British art collector Charles Saatchi has admitted assault and accepted a police caution after published photos showed him grasping the throat of his wife, celebrity chef Nigella Lawson.

In Tuesday's editions, the London Evening Standard newspaper quoted him as saying that he had approached police to discuss the June 9 incident after seeking legal advice.

"Although Nigella made no complaint I volunteered to go to Charing Cross (police) station and take a police cau-



A photo published in U.K. tabloids showing Nigella Lawson having her throat grabbed by her husband.

tion after a discussion with my lawyer because I thought it was better than the alternative of this hanging over all of us for months," he told the newspaper.

Under British law, a caution is a formal warning given to someone who admits the offence. It carries no penalty.

THE ASSOCIATED PRESS

Terrorism

U.S. surveillance halted NYSE attack: Officials

The U.S. foiled a plot to bomb the New York Stock Exchange because of the sweeping surveillance programs at the heart of a debate over national security and personal privacy, officials said Tuesday at a rare open hearing on intelligence led by lawmakers sympathetic to the spying.

The House Intelligence Committee hearing provided a venue for officials to defend the once-secret programs. THE ASSOCIATED PRESS



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EU slams Canada for holding up trade talks

Northern Ireland. Pressure mounts as U.S. starts negotiations for own deal with EU

Canada has publicly been called on the carpet by the European Union for holding up free-trade talks. EU trade spokesman John Clancy took the unusual step Tuesday of criticizing Canada as the G8 summit in Northern Ireland came to a close.

"We are very close to an agreement," Clancy said in a statement. "The EU has shown pragmatism and flexibility and is ready to take the last steps to achieve a political breakthrough in the negotiations."

"We have been awaiting a similar message from Canada since the trade and agriculture ministers met in Ottawa in early February."

Cranking up the pressure on Canadian negotiators was Monday's announcement that

the European Union and the United States are starting their own free-trade talks.

Some have suggested the European negotiators will now turn their attention to the Americans and give short shrift to Canada.

Prime Minister Stephen Harper, speaking to Canadian journalists at the lakeside Lough Erne resort, said there are positives and negatives to negotiating with the Europeans at the same time as the Americas.

"In terms of our own negotiations, I think you could say maybe there are some advantages, maybe there are some disadvantages," Harper said.

"But I don't think it changes the fundamental calculus, which is we should stay at the table until we get a deal that's in the best interests of Canadians. We're not quite there, but we continue to make progress and we continue to be committed to progress."

THE CANADIAN PRESS

What's the beef?

- Among the issues believed to be stalling the talks is duty-free access to European markets for Canadian beef.
- Ireland and France — two major beef producers — are believed to have concerns about the amount of Canadian beef allowed into Europe.
- Canada is said to have balked at the export limit proposed by the Europeans.



Should she be allowed into the EU duty-free? THE CANADIAN PRESS



National Gallery chills out for the summer

People visit Major's Hill Park in view of a giant iceberg installation covering the National Gallery of Canada in Ottawa on Tuesday. The installation, which covers a network of scaffolding being used by crews replacing the panes of glass, is titled Iluliaq (Iceberg) and was designed by Greenlandic artist Inuk Silis Hoegh of Nuuk, Greenland. SEAN KILPATRICK/THE CANADIAN PRESS

Health. Starbucks posts calorie counts at its U.S. stores ahead of new law

Starbucks has a new way to wake up its customers: showing the calories in its drinks.

The Seattle-based coffee chain says it will start posting calorie counts on menu boards across the U.S. next week, ahead of a federal regulation that would require it to do so.

Calorie counts on menus are already required in some parts of the country, including New York City.

But starting June 25, Starbucks Corp. says customers at its more than 11,000 U.S. locations will be able to see that there are 300 calories in a small caramel Frappuccino and 230 calories in a small Iced Caffe Mocha.

Pastry cases will also

More online

- Canadian customers can find calorie counts for Starbucks products at starbucks.ca/menu/nutrition-info

show calorie information. Starbucks Canada is not following suit at this time.

The move comes as the Food and Drug Administration ironed out the details of a regulation that would require companies with more than 20 locations to post calorie information on their menus.

THE ASSOCIATED PRESS

Research. Team develops 'sharp-shooter' drug aimed at several cancers

A Canadian-U.S. team of researchers has developed a new "sharp-shooter" drug they hope will be a breakthrough in treating several types of cancer.

The experimental drug is known for now as CFI-400945 and is a new class of cancer drug that targets a certain enzyme that gives rise to some malignancies.

Those tumours include breast, ovarian, colorectal, pancreatic and prostate cancers.

The researchers have applied to Health Canada and the U.S. FDA to begin testing the drug in patients.

Dr. Tak Mak of the Princess Margaret Cancer Centre in Toronto and Dr. Dennis Slamon of the University of California, Los Angeles, led

the teams that developed the drug.

The two world-renowned researchers have spent a decade developing the drug, funded solely by money raised through donations.

THE CANADIAN PRESS



Dr. Tak Mak THE CANADIAN PRESS

Market Minute



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Natural gas: \$3.90 US (+2¢)
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Fast food

Redberry acquires 32 Burger Kings

A private Quebec-based company, Redberry Investments, is acquiring 32 Burger King locations in Ontario from the current franchise holder, expanding on a deal announced in April. THE CANADIAN PRESS

Canadian victory

U.S. court upholds vibrator patent

The U.S. International Trade Commission has upheld a Canadian company's patent for its couples vibrator, banning the import, sale and marketing of all infringing products in the U.S.

But the battle isn't over

for Standard Innovation Corp., maker of the We-Vibe. The company is still before the Canadian Federal Court for patent infringement.

Standard Innovation launched the We-Vibe, a vibrator that couples wear during sex, in 2008. In 2011, Lelo Inc. unveiled a similar product called the Tiani, prompting Standard to go to court. THE CANADIAN PRESS

Oil spills

Feds raise offshore liability cap

Ottawa will introduce legislation this fall to raise the liability cap for drilling and production companies operating in Atlantic Canada's offshore to \$1 billion, up from the current \$30 million. THE CANADIAN PRESS

HERE'S A TIP: DON'T EXPECT ONE?

OK, I have a cat here. And I'm going to place it gently among the pigeons, then back away:

Should tipping be banned?

A popular high-end New York restaurant called Sushi Yasuda thinks so, and has done exactly that. Servers are forced to live on their salaries. They also get, like, benefits.

The restaurant's owner says the tipping ban ends the bile-inducing requirement to calculate the tip at the end of the meal, recapturing the serenity of fine Japanese dining.

Just so, grasshopper.

This isn't a trend exactly, but there's also a bit of an outbreak in Chicago where in some restaurants, you pay for the meal before you even begin. Careful not to choke on the appetizer.



JUST SAYIN'
Paul Sullivan
metronews.ca

Right now, there are overworked and underpaid servers everywhere going WTF? This subject is not even open to negotiation.

Then, just as likely, there are customers who are wondering when the practice of tipping became an obligation under the Geneva Convention, or wherever they issue those must-be-obeyed decrees.

There's even less room to weasel out of tipping these days. Now, the server hovers (anxious, vigilant) over your shoulder as you pay the bill on that portable Wi-Fi Visa machine with its handy tip percentage buttons. I don't know about you, but unless the waiter flambés my dinner companion, I dutifully press the 20 per cent button.

And if he/she does toast my guest, I only leave 15 per cent. You have to take a stand somewhere.

Back in the old days, if you were abandoned altogether

somewhere between courses, you could slide a penny under your dish and make your getaway, smug in the knowledge that you failed to put some kid through drama school. But there's no penny button on that infernal machine.

At the New York sushi restaurant, people were so brain-washed that they tried to write in a tip on the bill, even though there was no place to accommodate one. They just didn't get it, until the owners started red-circling the explanation about the tipping ban. Then they got it, and unless they were married to the server, they liked it.

I don't know about a ban, but it might not be a bad idea to restore the idea of the tip as an expression of appreciation for good service. Don't ban tipping; ban the obligation to tip.

Of course, now I've done it. I'll have to eat at home until the heat dies down. Maybe, just to be safe, I'll hire a food taster. Problem is, I'll have to leave a generous tip. Nobody wants an unhappy food taster.

ZOOM

Hi sea lion, nice to 'meat' you



PABLO CERSOSIMO/SOLENT

Pup's close call with killer whale

This fortunate sea lion escaped the jaws of death by a few centimetres after a pod of killer whales (orca) risked beaching themselves while in pursuit of their prey.

The South American sea lion pup and others encountered the predatory mammals as they cruised along the coast of Valdes Peninsula in Argentina. **METRO**

Q and A

Near-death life lesson



PABLO CERSOSIMO
Professional photographer and safari guide, 44, from Buenos Aires, Argentina

It looks like this sea lion is doomed... This seal survived but others were not so fortunate. But in truth, pups need a couple of

these bad experiences to learn that orcas are predators and that they will be part of their menu. When pups are one month old, they start venturing out into the water and at that stage they don't know what an orca is. They don't associate these whales with danger and often stay in the water when the predators show up. It's a life lesson for the pup.

In these hunter-versus-the-hunted scenarios, do you sympathize with one critter over another? No, I sympathize with both. The orca is one of my favourite animals — it's smart, intelligent and with many respects similar to humans. And I admire the sea lions for their ability to survive against this magnificent predator.

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

The value of a good night's sleep has been drilled in our heads since bedtime was at sunset — but knowing to go to bed early is different than falling asleep early. For those who need more than sheep counting, gentle ocean sounds or three fingers of Scotch to help catch some zzzz's, technology is on your side. Pull down the blackout blinds, fluff the pillows and get in bed ... with your phone.

Sleep Time

Pictured at right, this app tracks the time you go to bed, length of deep and light sleep, and eases you into the day with a soothing crescendo alarm that goes off when you're in the lightest phase of sleep. iOS and Android.

Sleep Cycle

Similar to Sleep Time, but for the \$0.99 charge you get a "personal notes" section to track your pre-sleep habits

(did a 10-kilometre run before bed, ate spicy food for dinner, had a few drinks, etc., etc.). Plus, the app runs in the background so you can cruise Facebook in bed without remembering to reset the alarm. iOS only.

SleepBot

Not only does this free app track your sleep, it also records the noises you make in your sleep (and therefore proving once and for all that you don't snore). Android only.

Twitter

@metropicks asked: An expert says women study harder to instinctively prepare for single motherhood. Do you agree?

@mswitcherxo: Sad but true! Once upon a time my grandfather worked & took care of 9 kids! Now, can't even get a man to take care of 1!

@mswitcherxo: partying & hanging

out with friends make men learn social norms and men know instinctively that social skills >>>studying in real life

@VancityBakeShop: wonder how many of those polled actually ended up as single mothers vs. those who had support from their partner

Follow @metropicks and take part in our daily poll.

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Brainless entertainment has zombies taking over the world

World War Z.

Filmmakers continue to capitalize by making corpses cool for the next generation of little guys and ghouls, who, in turn, eat it up



IN FOCUS
Richard Crouse
scene@metronews.ca

Zombies are the most recent and most unlikely pop culture heroes.

On TV, the recent *Walking Dead* finale drew almost 13 million viewers.

At the movies the zom com *Warm Bodies* made still hearts beat again and outdoor recreation retailer REI even bandwagon jumped with their 13 Essential Tools for Surviving a Zombie Outbreak campaign.

This weekend Brad Pitt battles the undead in *World War Z*, an action thriller set against the backdrop of a worldwide zombie apocalypse.

The movie has the highest ratio of zombies to humans of any film this year, but don't ask its star why these cannibalistic cadavers are so trendy.

"As for why zombies are so popular," said Pitt, "I really have no idea."



Brad Pitt stars in *World War Z* but has no idea what makes zombies so appealing to a new movie-going generation.

HANDOUT

Pitt may not be able to out his finger on it, but academics suggest a variety of reasons. Audiences are interested in zombies in times of crisis, when we feel disempowered, says one, while another writer proposes that they offer something more primal — that the zombies

represent an example of control over death.

Whatever the reason, filmmakers have been capitalizing on these cool corpses for years. Some, like *Night of the Living Dead* and *Shaun of the Dead* are classics, others, like the stranger-than-usual *Zombie Honeymoon*, aren't.

The grand-ghoul of all weird zombie movies is 1968's *Astro Zombies*. Starring horror legend John Carradine and cult star Tura Satana, the story of super-human monsters on a killing spree has inspired two sequels and a song of the same name by the Misfits.

Zombie confusion

"As for why zombies are so popular, I really have no idea."

Brad Pitt
Star of *World War Z*.

The mockumentary American *Zombie's* tag line is, "We're Here. We're Dead. Get Used to It!"

Documenting the everyday "lives" of a community of zombies in California, it's a fake undead propaganda film that echoes the struggles of many minorities who have had to fight for human rights.

Fido, a Canadian film starring Billy Connolly and Carrie-Anne Moss, is set in a world where humans won the zombie war and, as victors, have made the undead their domestic servants. Funny rather than scary, this one is worth a look to see the usually motor mouthed Connolly in a fun, shambling and wordless performance.

Strangest of all the non-mainstream zombie movies? *Poultrygeist: Night of the Chicken Dead*, a movie musical about a fast food chain called American Chicken Bunker whose meals turn diners into chicken zombies. Gross, gory and gratuitous, badmovienight.com called it "one of the sickest, most depraved movies I've ever seen."

Yeezus is a dark, drastic departure for Kanye

What did the music reviewers make of Yeezus, the latest from Kanye West? "There's purpose in repulsion..."



Billboard

Yeezus is a medley of several genres — new wave, punk, rock, and of course hip-hop. Those looking for vintage soul sounds or even full-on raps from start to finish will be thrown several curves here. It's an album with numerous emotional layers as well. There are a few lighthearted moments, and cuts about love along with lust. But mostly, West is just plain mad — angry at naysayers.

Ryan Dombal, Pitchfork

For Kanye, there's purpose in repulsion. And on Yeezus, he trades out smooth soul and anthemic choruses for jarring electro, acid house, and industrial grind while delivering some of his most lewd and heart-crushing tales yet. This is willful provocation that Ice Cube, Madonna, and Trent Reznor could all be proud of.

Ray Rahman, Entertainment Weekly

As for the lyrics? Some of the best examples are unprintable here, but even the most bombastic moments ... underscore a man struggling to come to terms with his place in the world, in his own 'Ye way: On I Am A Godhe raps, "I am a god/Even though I'm a man of God/My whole life in the hands of God."

Evan Rytlewski, AV Club

Delivered entirely from the gut, it's West's loudest and most impulsive album, especially in its system-shocking opening stretch of gnarled electro and pounding industrial rap. Even by the standards of an artist who reinvents himself with each release, it's a drastic departure.

2 SCENE



Britney Spears. ALL PHOTOS GETTY IMAGES

If you want to be cool like mommy, don't kiss mommy in public

Britney Spears admits she's starting to feel the sting of her kids getting older, particularly when it comes to her public displays of affection.

"My sons are six and seven, so they're just now

getting to the stage of where you can't kiss Mommy in front of your friends and all that kind of stuff," she tells Ryan Seacrest during a call into his radio show.

"They're getting what's cool and what's not."



Ben Affleck

Affleck finding that three's company

While Ben Affleck might have suggested he and Jennifer Garner were up for adding to their family following the arrival of their third child last year, he's apparently changed his tune.

"That's not going to happen," he tells Extra when asked about having a fourth child.

"We're in a really good place. Three is good. That's enough."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Angelina Jolie comes under fire for health decisions

While Angelina Jolie has received near-universal praise for her decision to undergo a voluntary double mastectomy to prevent developing breast cancer, at least one

person isn't impressed.

Cancer survivor Melissa Etheridge says that she has the same faulty gene Jolie has that makes cancer more likely, and she doesn't recommend the course the Oscar-winner took.

"I wouldn't call it a brave choice," she tells the Washington Blade.

"I think actually it's the most fearful choice you can make when confronting anything with cancer."



Jessica Chastain

Zero Dark Thirty star guarding her love life like a state secret

When it comes to her personal life, Jessica Chastain is looking to keep things under wraps — for now, at least.

"Sometimes when someone (in the press) asks me about my dating status, I get really quiet about that because I want to protect it," the Zero Dark Thirty star tells E! News.

"Seeing all these interviews with actors talking about loves of their lives and

then they break up in a year and you're thinking, 'What if something happens and they end up being a total jerk?' Then you forever have these pictures of you standing on the red carpets together."

But all hope is not lost for those looking for some Chastain romance news.

"When I'm engaged someday — who knows to who — I'll probably be more open about it," she says.

Twitter



@ElizabethBanks

We all hate swimsuit shopping, right?



@AmandaBynes

I'm in between nose surgeries! My eyes are black and blue because my nose is broken! I can't wait for my nose to be done! I'll share pics!



@samantharonson

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Finding free things in one of the world's most expensive cities may sound impossible. Surprisingly, Tokyo offers a wide range of museums, parks, historical sites and cultural activities for free — good news for budget travellers who want to see a lot and still enjoy expensive sushi.

THE ASSOCIATED PRESS



Old and new

Meiji Jingu Shrine is a piece of old Tokyo not to be missed. Boasting the nation's largest wooden "torii" gate, the shrine was built more than 90 years ago to commemorate Emperor Meiji, who reigned as Japan opened to the rest of the world after centuries of isolation. A short walk from the serenity takes you to Harajuku and Omotesando, a Mecca of latest fashion and culture, the district of "cool" new Japan. Walk down the Takeshita street packed with young people looking for the latest "kawaii" (cute) trends.

5

Free things to do in Tokyo



Japan's legislative home

Parliament, or the National Diet, as it is officially known, stands on a site once occupied by feudal lords and is now home to Japan's legislative headquarters. Completed in 1936, the building with a landmark pyramid-shaped dome houses the two chambers — the more powerful House of Representatives (Lower House) and the House of Councilors (Upper House) — under the Japanese parliamentary system. The Upper House provides a free hour-long tour when the house is not in session.

Tsukiji fish market

Sprawling Tsukiji fish market — the world's biggest — is where those beautiful slices of tuna on your sushi come from. Want to witness the famous tuna auctions? Then get up early and be there by 5 a.m. to queue up for the first 120 viewing slots. If that's too early, you can still spend hours roaming a maze of narrow alley ways, but watch out for the motorized carts whizzing around with ice troughs filled with fish.



Walk to Odaiba Beach

Need to burn calories after eating all the delicious local food, but you're too busy sightseeing? Here is a perfect plan — a scenic walk over the Rainbow Bridge to the reclaimed island of Odaiba out in the Tokyo Bay for a picnic, sunbathing on a man-made beach, or even a jog. The walk is just more than 1.7 kilometres including the 918-metre-long single-span suspension bridge and takes less than an hour one way.

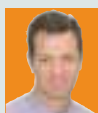
Experience a (fake) quake

Japan is one of the most earthquake-prone countries in the world. This public facility, the Ikebukuro Disaster Prevention Center, run by the Tokyo Fire Department, offers a uniquely Japanese experience that can be educational, a bit scary, but also fun. Visitors can experience a temblor — as violent as the March 2011 disaster that struck northern Japan — in a quake simulator built in a living room set.



Trip tips

Don't languish on your layover



ON THE MOVE
Loren Christie
life@metronews.ca

With the busy summer holiday season upon us, Canadians know that travel delays and long airport layovers can be part of the package. So how do you make the most of that time?

Spend as little time as possible in a line. Check in before arriving at the airport and avoid baggage drop-off lines by bringing only a carry-on piece of luggage. Properly prepare for your security screening. Wear shoes that easily slip off and on, know which sharp objects will literally "not fly" and don't bring liquids more than 100 ml in size.

Scope out potential distractions — eating options, shopping, spa services or even a movie theatre, in advance. Planning out an itinerary for your layover

will ensure the time passes quickly. To assist in your search, load up the Gate Guru app on your iPad or iPhone. It lists all the businesses near each gate along with user reviews, pictures and maps from airports around the world, including Toronto, Calgary and Halifax.

If you are not part of an airline loyalty program that provides you access to the oasis that is an airport lounge, consider buying your way in. Plaza Premium Lounges located in Toronto, Edmonton and



Don't dread the layover — embrace it! ISTOCK

Vancouver are pay-as-you-go lounges that are not affiliated with a particular airline or class of fare. Enjoy meals, computer access and a place to escape

the crowds. Or consider making a pit stop at a hotel connected to your airport terminal. They often offer day-use packages for their gym and spa facilities.

Raw fish, it isn't just for sushi



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

Seviche is a seafood dish popular in the coastal regions of the Americas, especially Central and South America.

The dish is typically made from fresh raw fish marinated in citrus juice. Buy the freshest fish possible from a reputable fish store. You can also use white fish such as snapper, tilapia and halibut.

1. In bowl, place scallops,

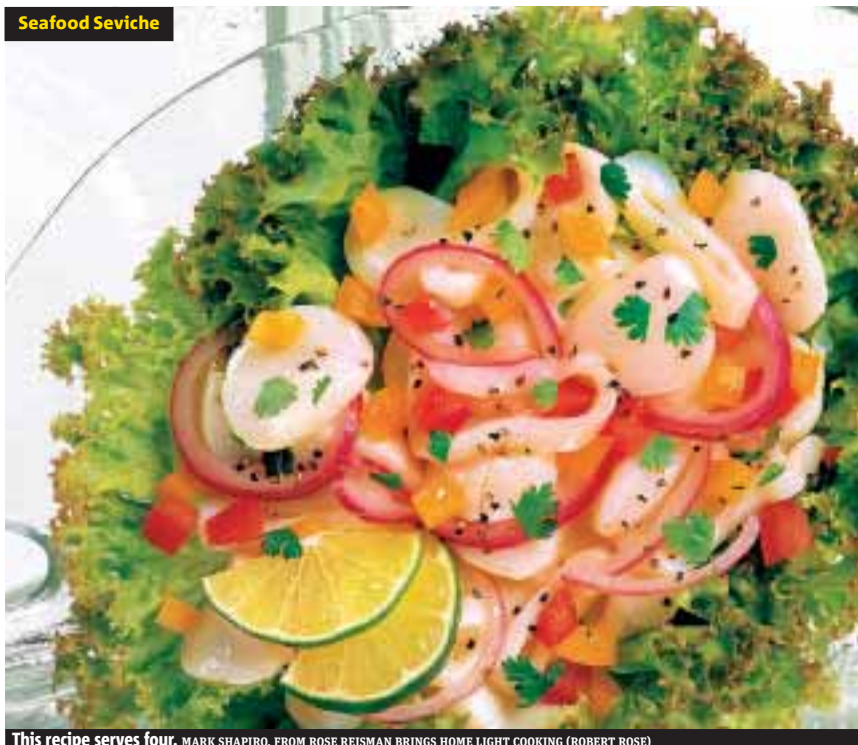
Nutritional analysis

Per serving: 111 calories, 11 g protein, 4 g fat, 7 g carbohydrates, 95 mg sodium, 76 mg cholesterol, 1 g fibre

squid, onion, red pepper, tomato, garlic, lime juice, cilantro and oil; stir to combine.

2. Cover and refrigerate for 2 hours to marinate, stirring occasionally. Serve over lettuce-lined plates. **ROSE REISMAN BRINGS HOME LIGHT COOKING (ROBERT ROSE) BY: ROSE REISMAN**

Seafood Seviche



This recipe serves four. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT COOKING (ROBERT ROSE)

Ingredients

Prep time: 2 hours (the longer you marinate the better the flavours)

- 1/4 lb scallops or shrimp, sliced
- 1/4 lb squid, sliced
- 1/2 cup finely chopped red onion
- 1/2 cup diced sweet red or

- yellow pepper
- 1/2 cup diced tomato
- 1 tsp crushed garlic
- 1/4 cup fresh lime or lemon juice
- 2 tbsp chopped fresh cilantro or parsley
- 1 tbsp olive oil
- Lettuce leaves

One-pot wonder: Steamed Clams & Mussels with Garlic

KAREN HUMPHREY
yumyumclub.ca

1. In large, deep pan, melt but-

ter over medium low heat and sauté shallot until softened. Add garlic and continue to stir, cooking, about 2 minutes. Don't let the garlic brown.

2. Add wine and bring to boil, stirring up any bits off bottom.

3. Turn heat down to medium low so mix is simmering, then

pour in clams and mussels. Cover pan with a lid and let them steam 5-7 minutes, stirring and checking every now and then. You'll know they are cooked when the shells have opened.

4. Discard any unopened shells (there's always a few), and don't worry about the ones that are opened only a bit. You can still eat those. Sprinkle the parsley and pepper over top and serve. Divide the mixture among four bowls, ladling the juices over top for people to soak up with bread. Serve with the lemon wedges alongside. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.**

Ingredients

- 3 tbsp butter
- 1 shallot, thinly sliced
- 4 garlic cloves, peeled and minced
- 1/2 cup dry white wine
- 2 lbs of mixed clams and mussels, washed and cleaned
- 3 tbsp minced Italian parsley
- cracked black pepper
- lemon wedges

Lunch or side dish. Shrimp Avocado Salad



Cooked, frozen shrimp is readily available at the supermarket and makes this dish a snap to make. If using fresh shrimp, remove the shell and then make a shallow cut down the back of the shrimp to expose the vein. Gently pull it out.

1. In a medium salad bowl, combine shrimp, red peppers, avocados, salt, sugar and pepper. Add lettuce. Pour dressing over salad, toss and serve.

THE CANADIAN PRESS/ CANADIAN FISHING COOKBOOK BY JEFF MORRISON (COMPANY'S COMING, 2013)

Ingredients

- 500 g (1 lb) cooked medium to large shrimp, deveined
- 2 red peppers, seeded and finely chopped
- 2 avocados, peeled, pitted and chopped
- 3 ml (3/4 tsp) salt
- 5 ml (1 tsp) sugar
- 1 ml (1/4 tsp) pepper
- 8 to 10 leaves iceberg lettuce, torn into small pieces
- 125 ml (1/2 cup) Italian salad dressing

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Give 'em your best by getting some rest

You don't always lose when you snooze.

Five tips for getting enough sleep as a new graduate

MEGHAN GREAVES
TalentEgg.ca

There are many changes that come along with transitioning from the student world to the work world. One of the biggest changes that new grads face is in their schedule.

Getting enough sleep is important for everyone, but especially important for new grads as the change in routine tends to be a big one. Gone are the days where you could grab a couple extra minutes (or hours in some cases...) of sleep as you needed.

The side effects of sleep deprivation are scary, so we have the tips you need to make getting enough sleep simple.

Create a routine

The first step in ensuring

Wind down

Sadly, our minds don't shut off the second we put our head on the pillow.

- Our bodies take time to relax enough to fall asleep.
- Winding down before you go to bed can be anything that relaxes you; reading a book, organizing your things for the next day, going for a walk, stretching, talking with your roommate.
- Whatever makes you feel less anxious — do it. This will help you be ready for a good night's sleep.

that you get enough sleep is setting a routine — and sticking to it. To do this, determine what time you have to wake up and count seven to nine hours back from there — that's your bedtime. For example, if you need to wake up at 6:30 am, you'll



In the jungle, the concrete jungle, the worker sleeps tonight. ISTOCK

need to go to bed between 9:30 p.m. and 11:30 p.m. depending on how much rest your body needs.

Turn off electronics

Set a curfew for your electronics. Researchers have found that there might be a correlation between using electronics before bed and sleep quality. In order to fall asleep, our

body needs time to wind down and it can't do that right after looking at the bright lights of a television, computer or smartphone. To make sure that your sleep isn't being hampered by

your electronics, try to stay away from using them an hour or two before you hit the pillow.

Stay away from sugar and caffeine

There's nothing like a sweet treat or warm drink before bed, but try to stay away from anything with high sugar or caffeine levels as they can keep you awake for hours after you drink them.

Say no

You might not be on the same schedule as your friends and family, but you don't need to be sleep deprived because of it. If your friends' plans are tiring and affecting your work ethic, don't be afraid to pass every once in a while. This doesn't mean that you should become a hermit, but be aware of when you need to put your sleep first and socializing second.

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Exercise your right to stay healthy on the job

Let's get physical.

Scheduling in a good sweat between meetings can add some extra muscle to your nine-to-five

MEGHAN GREAVES
TalentEgg.ca

When heading off into the "real-world" as a new grad, you may find it difficult to get everything you want done.

One task that often gets pushed aside is hitting the gym on a regular basis. For most, working out directly before or after work isn't appealing.

Who truly wants to wake up an hour early or get home an hour late? Not me.

So, if you're having trouble fitting your workouts before and after work, when can you? At lunch!

For most full-time employees, you'll have an hour-long lunch, which gives you just enough time to get a quick work-out in.

Not sure if it's doable?



You don't need a gym: If there isn't a gym close to your work, you can still get an effective workout in. Make use of what you have at hand! Go for a run, walk, bike, rollerblade or even bring a yoga mat to a nearby park. ISTOCK

Read on to learn why it completely is and how to do it!

Get everything in order

"I'd like a half hour workout with a side of shower time

Your thoughts?

@TalentEgg: #QuestionoftheDay: Do you have a desk job? How do you stay active when you're sitting all day at work?

- @Joanne4RBC: A short walk after lunch. Take a break from the computer to rest your eyes. Enjoy some friendly chats with co-workers. Stretch!
- @Ellie_Khayatian: stepping away for a quick lunch break, giving your eyes a break. Also, making sure to squeeze in gym time as often as possible!
- @saraherodrigues: Lunchtime walks around the building, taking the stairs, plus actually going to people's desks instead of calling/emailing.
- @CarrieOswald1: Must look so weird dancing around in my office but I need to move & burn energy. Don't know how anyone could sit still for 8 hrs.



everything in that you need to.

Stay energized

When working out on your lunch break, it's crucial to hydrate and get the proper nutrients. Firstly, working out on an empty stomach isn't healthy. Secondly, you don't want work to be affected. Have a small snack (like yogurt, veggies and hummus, apple slices, etc.) before your workout and eat your lunch after your workout to keep you on your A-game.

Come in a little earlier, leave a little later

When first getting into your lunchtime workout routine, you might take a few extra minutes longer than expected. To ensure that your work isn't being affected, come in a bit early and don't hesitate to stay a bite later than normal. Once you start to get your routine down pat, you should be able to balance everything well.

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and spinach salad please!" — sounds like a little much right? It is possible though with a bit of organization. To do so, pack your work clothes, gym gear and home-made lunch with you all in one bag so it's ready to go. This will make it easy for you to go from one thing to the next smoothly.

Intensity, intensity, intensity

Sometimes less is more! It's

completely possible to have a short, intense workout if you plan your workouts before hand. For example; if you're going to the gym three times a week on your lunch break, plan three different workouts for you to rotate through each day you go (on your phone, cue cards, etc). This will allow you to make the most of your gym time by having a game plan all while knowing that you're getting

No offence, but Hawks still in the title hunt

Stanley Cup final.

Chicago trails Boston 2-1 in the series with unproductive power play a big concern

There is no panic or frustration. But Chicago Blackhawks coach Joel Quenneville acknowledges his team is in a tough spot going into Game 4 of the Stanley Cup final.

"You lose back-to-back games, it gets your attention," the coach conceded. "We're in a hole right now. We want to make sure (Wednesday) we prioritize the importance of that game and it's a different level."

Down two games to one, the Hawks face a tall order in trying to bring down the Bruins in their own building.

Boston has won seven straight at home and is 8-2 overall at TD Garden in these playoffs, outscoring the opposition 28-17.

At least the Hawks can take solace from their second-round series against Detroit. They trailed the Red Wings three games to one before reeling off three straight wins.

"I think we're in a tough spot," Quenneville acknowledged. "In the Detroit series we found a way to get ourselves to get back into it. That's what we're looking for. (Wednesday) is a very important game, like we have to win (Wednesday) night. Come up with a good result, we're right where we want to be."

Quenneville said he hoped

Numbers favour Bruins

The Bruins are 2-0 when holding a 2-1 series lead in the final. The Blackhawks are 0-3 lifetime when trailing 2-1 in the final.

- "We know they're a good team, tough to play against," said Chicago defenceman Johnny Oduya. "But I think we still feel confident. We know we have to steal a game here and that's what we're looking to do."

injured star Marian Hossa (upper body) will be back in the lineup. Chicago's co-scoring leader was a late scratch Monday, replaced by Ben Smith.

Quenneville was quizzed on why Smith didn't take the warm up if Hossa was a doubtful starter. Eventually he confessed that he did not want to tip his hand that something might be awry with his lineup.

The Chicago coach has other concerns.

His team is getting schooled in the faceoff circle, putting the Hawks constantly on the back foot. Boston won 40 of 56 faceoffs Monday with Patrice Bergeron winning 24 of 28 draws.

Chicago's power play, which was ordinary during the season (ranking 19th with a 16.7 per cent success rate), has been even worse in the playoffs.

Chicago was 0-for-5 with a man advantage in Game 3 and has not scored a power-



The Bruins' Daniel Paille checks Michal Rozsival of the Blackhawks in Game 3 of the Stanley Cup final on Monday in Boston. The Bruins lead the series 2-1. BRUCE BENNETT/GETTY IMAGES

play goal in its last 20 chances dating to Game 2 of the Western Conference final. The Blackhawks have an 11.3 per cent success rate this post-season (7-for-62), and are only 3.7 per cent on the road (1-for-27).

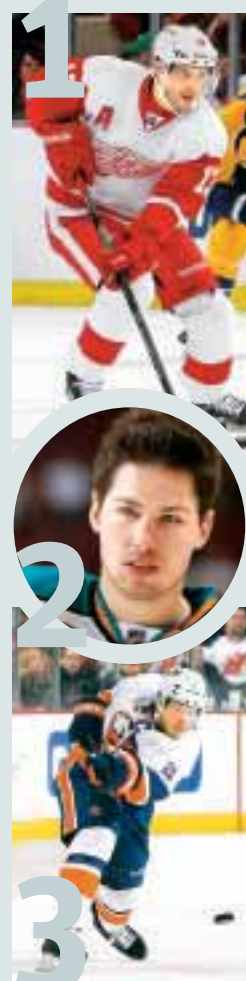
The Hawks are 0-for-11 with a man advantage against

Boston this series.

Boston's penalty killing isn't helping matters. The Bruins killed off five power plays Monday night, stretching their successful string to 27 consecutive penalties dating to Game 5 of the Eastern Conference semifinals.

THE CANADIAN PRESS

Stars get their deals



1 Detroit's dirty dangler. Wings, Datsyuk make 3-year deal

The Detroit Red Wings agreed to a \$22.5-million, three-year deal with Pavel Datsyuk. THE ASSOCIATED PRESS

2 Staying in Shark Tank.

Couture: Yes way, San Jose

The San Jose Sharks agreed to a contract extension, reported to be for five more seasons, with star centre Logan Couture. THE ASSOCIATED PRESS

3 The Streit goods. Flyers lock up defender

A person familiar with the deal confirms veteran defenceman Mark Streit has agreed to a four-year, \$21-million contract with the Philadelphia Flyers. THE ASSOCIATED PRESS

Aggression costs Nichols his season



Quarterback Matt Nichols speaks on Tuesday in Edmonton. THE CANADIAN PRESS

It was going to be a breakthrough year for career backup quarterback Matt Nichols.

But instead the 26-year-old Edmonton Eskimos pivot announced Tuesday he'll have season-ending surgery on the torn anterior cruciate ligament in his right knee.

It's an injury that reinforces Nichols' reputation for fearless play but also suggests the California native is becoming his own worst enemy.

"I just went down and felt a little twist," Nichols said last Friday after the injury in the 31-24 pre-season loss to the Saskatch-

ewan Roughriders.

It was late in the first quarter when Nichols threw a pass to receiver Ed Gant. The ball bounced off Gant's hands and was caught by Riders' defensive back Carlos Thomas, who raced 30 yards untouched down the sideline to paydirt, led by defensive end Kenny Rowe.

It was an easy pick-six in a meaningless game, but then came Nichols barrelling in, determined to catch Thomas at the goal-line. He ran straight at Rowe who delivered a hit.

Nichols legs seemed to get caught under him and down he

went, clutching his right knee as the Riders celebrated the TD.

Nichols was also injured in last year's East Division semifinal against the Toronto Argonauts. He was flushed quickly out of the pocket and hauled down from behind by Argo defensive end Ronald Flemons.

He tried to fight through the sack but got his feet trapped under him and gruesomely broke his left fibula and turned his ankle 180 degrees. Months earlier, Nichols was concussed by two defenders diving for a extra few yards against Hamilton. THE CANADIAN PRESS

Every boss can be an icon or idiot

Autopilot. Automotive success Bob Lutz tells us to take the good with the bad boss-wise and always learn from your time under them



AUTO PILOT
Mike Goetz
drive@metronews.ca

Over his illustrious five-decade career in the auto biz, successful automotive executive Bob Lutz has worked with a lot of famous bosses. From that vantage point he noticed that most of the really successful ones were also "mentally and emotionally askew."

In his new book, *Icons and Idiots*, Lutz profiles nine such bosses (and one teacher and one Marine drill sergeant), all of which have taught him major lessons in leadership. The title doesn't mean that some are idiots and some are icons. Rather that every strong leader is a bit of both.

"There's a good side, which gets the job done," says Lutz. "There's often a downside that makes them hard to understand or difficult to work for.

It's precisely because they are impatient, stubborn, opinionated, unsatisfied and domineering that they are successful."

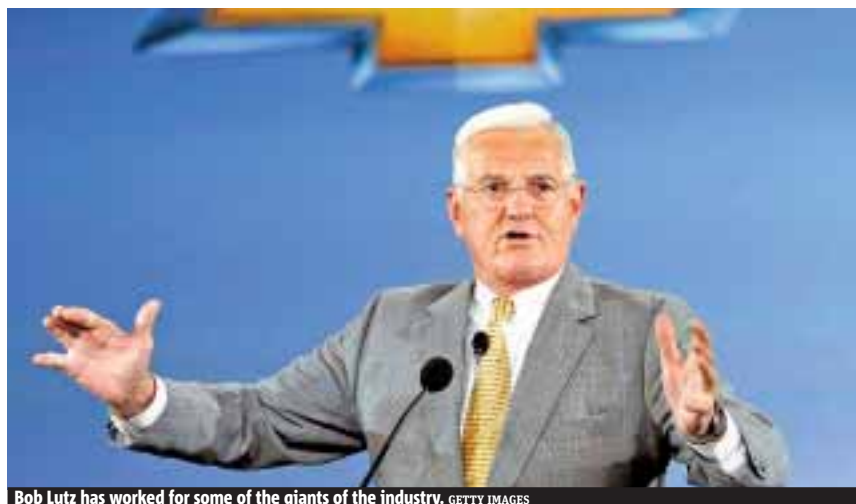
His advice to those of us currently dealing with such unbalanced bosses is to learn to take the good with the bad. Here are a few examples of what Lutz has learned:

From sadistic Marine Corps Staff Sgt. Donald Giusto:

"Learning to continue to function in the face of failure, betrayal, acute disappointment, all the while physically and mentally tired, perhaps without food, is what the Marine Corps expects from its members. What it demonstrated to me is that we are all capable when the chips are down, of doing far more than we think we can. Sgt. Giusto unlocked the hidden reservoirs of capability in all of us."

From Harold A. "Red" Poling, ultimate bean counter, and not a nice guy:

"Red taught me that the tough uncompromising, unfeeling, almost nasty approach to initial cost and investment estimates could produce meaningful saving ... The Poling approach served me well during my later tenure at Chrysler and my last tour



Bob Lutz has worked for some of the giants of the industry. GETTY IMAGES

at GM, although I was always at pains to lighten it just a bit with humour, engineering and marketing judgment." Lutz also noted to never forget that you can still learn stuff from bosses you can't stand.

From Ralph Mason, a cheerful but serious alcoholic, and product of a bygone era, when there was a lot of hard drinking in the auto industry: "Ralph nevertheless focused on what was important and advanced the cause of GM

and its shareholders." Lutz also said Mason often went home early to get plastered, but had a good team behind him, trusted them and didn't interfere.

From Rick Wagoner, the capable GM president that couldn't turn GM around: "A magnificent human being, Rick was simply too nice, too introspective and too thoughtful in many of his actions to see the company through the turbulence of

2008-09... Tolerant of mediocrity, ... it was painful to see Rick protect and support many officers who, to my eyes, personified the large corporate culture of 'look good, sound good, prepare well for meetings, and never disagree with the boss.'" But Lutz considers Wagoner the perfect "peacetime" CEO, and says Wagoner's moves to buy Daewoo and go aggressively into China are cornerstones of GM's current success.

Make it sing with comfort: Tune your suspension just like a guitar

Driving force. Kia's engineers know it's a lengthy process to make sure their vehicles' suspension is just right

JIL MCINTOSH
drive@metronews.ca

Vehicles have specific "rides," depending on what they are: a family sedan will ride smoother than a sports car's harsher suspension, for example, but its steering won't be as firm.

These characteristics are achieved through a procedure called suspension tuning. "The rubber bushings, shocks, springs, stabilizer bars and tires can all be tuned to reach a specific target," says Vu Banh, ride and handling senior engineer at the Hyundai-Kia America Technical Center in California. "Depending on what's desired, if it's ride com-

fort or sporty handling, you can adjust these parts to reach that goal."

It takes about a year to do the job, which begins when engineers receive the first prototype of a new model. "We start tuning and get a rough setting for that one," Banh says. "Then we get another vehicle that's closer to the production car, and we'll put those (prototype) settings in, fix any issues, make more adjustments and continue refining as much as we can."

Computers are used extensively in vehicle design, but they're not as useful in suspension tuning, because they can't accurately simulate rubber. Tuning is a painstaking process of making adjustments and then driving the car to see how it feels, over and over again.

How it's done depends on the part. Shock absorbers contain hydraulic oil, and if internal valves are



Engineers worked for a year to tune the Kia Rondo's suspension. JIL MCINTOSH

adjusted to different oil flow, the shocks become firmer or softer. Engineers can use soft or hard rubber bushings, or different types of springs to achieve various results. Even the tires become part of the process.

"If we come up with a new shock setting, for instance, we'll possibly (use) a new

tire," Banh says. "Then we'll work around that, going back and forth with the shock tuning until it meets the target."

Many new cars now have electric power steering, which uses a motor in the steering column. Unlike hydraulic systems, which use pumps to regulate fluid flow, the motor can be tuned elec-

tronically. Engineers dial in the steering for more assist at lower speeds, such as when manoeuvring in parking lots, and less at higher speeds for easier control on the highway. They also aim for good "on-centre feel," where the car stays straight without the need for constant steering wheel correction.

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Horoscopes

Aries

March 21 - April 20
Create something wonderful today. This can be one of the most productive times of the year for you, so get serious and get busy working on something that makes your world, and the world at large, a better place.

Taurus

April 21 - May 21
Whatever problems you may have with a relationship, you won't work it out by trying to force the other person to conform to your way of thinking. Try seeing things from their point of view.

Gemini

May 22 - June 21
The Sun's link to Jupiter in your sign today will help you to express yourself freely. It will also help you to get over some kind of falling out you had with a loved one.

Cancer

June 22 - July 23
Focus on the realities of your everyday situation and avoid any and all forms of wishful thinking. Above all, don't let others' negativity blind you. Life is a garden of delights but too few people see it that way.

Leo

July 24 - Aug. 23
You will come out on top today, especially if you focus on things you are good at, things you really enjoy. You will enjoy them more if some people say you should not be doing them.

Virgo

Aug. 24 - Sept. 23
Moderation is a must today, especially if you are one of those Virgos who tends to get carried away when they find something they really enjoy.

Libra

Sept. 24 - Oct. 23
The Sun close to Jupiter in one of the best areas of your chart means you will have a thoroughly good day. Do a bit of travelling, even if it's only to the corner store and back.

Scorpio

Oct. 24 - Nov. 22
Your taste for the good things in life could lead to you spend too much today but in the greater scheme of things, it's no big deal. Retail therapy could in fact be just what you need to cheer you up.

Sagittarius

Nov. 23 - Dec. 21
Jupiter, your ruler, links with the Sun in the partnership area of your chart today, making it easier for you to compromise with people you don't always see eye-to-eye with. Don't compromise too much though.

Capricorn

Dec. 22 - Jan. 20
Don't limit the goods deeds you do to people you know. Help those you encounter in daily life too, even if they are total strangers. Your generosity will have a knock-on affect that touches so many lives.

Aquarius

Jan. 21 - Feb. 19
Life is good and getting better by the hour, the day, the minute. Creatively and romantically you are in such a positive mood that you attract people and situations that bring thrills aplenty. Lucky you.

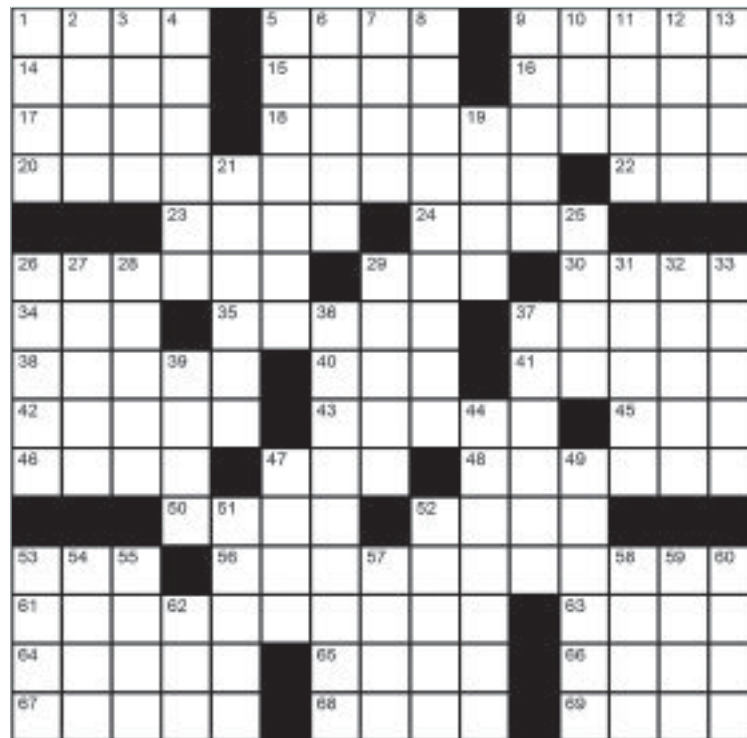
Pisces

Feb. 20 - March 20
At home and work, people will want to do things for you today, and if you are smart you will let them. You'll feel good about it, they'll feel good about it. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Not hungry anymore
- Bully in "Back to the Future" (1985)
- University in St. Catharines, ON
- Moulding type
- Crown for Carrie
- Adversary
- Actor Mr. Bates
- Driveway emporium: 2 wds.
- Summertime in The Arctic: Land of the ___ : 2 wds.
- Author, Harper ___
- Early afternoon, ___ "clock
- Letters before :// www
- Uses a charge card
- Speech-maker's stumbles
- God
- That guy
- "___ humid out." (Weather complaint)
- Less
- Go ___ for the ride
- Bathroom feature
- Employee's request
- "I also want that!": 2 wds.
- Director Mr. Hallstrom
- Thwarter's word
- Eve's environment
- Mr. Bachman
- Nova Scotia attraction, ___ Cove
- Hawaiian island
- Roadie's gig



- Surnamesakes of Canadian actress Sandra
- Social event open to the public that's hosted annually by the Lieutenant Governor of Nova Scotia: 2 wds.
- What convenience

- Stores are called in Quebec
- Canadian ___ (Chain store)
- Canadian rapper/actor
- Roman emperor
- David Bowie's supermodel wife
- Actress Ms. Rue's

- Czar's other spelling
- Snake sorts

Down

- Fizz
- Sort of fruit
- Guide
- McCartney's co-

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- Singer/songwriter JJ
- Emily Carr book, ___ Wyck
- Gumption
- Canadian bookstore
- Request
- Disgrace
- Stacked
- Play it up in theatre
- Regular
- Behind, as per debt
- Articulate again
- Squirrel nests
- Louis ___. (Canada's 12th PM, from 1948 to 1957)
- Make available: 2 wds.
- Faux pas
- Support a walk-a-thon
- Larger ___ life
- Canadian coins: D.G. Regina = Dei ___ Regina (By the grace of God, the Queen)
- Meg Tilly flick, "___ of God" (1985)
- Earth
- "Someone Who's Cool" band from Vancouver
- Greek Myth: Olympian queen
- Fight
- Club member fees
- Eyeglasses parts
- Catch
- Cravings
- Alias acronym

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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